

Greetings from the SD Diabetes Prevention & Control Program (DPCP) and welcome to the September 4, 2008 edition of the "DPCP FYI". Each FYI is received by over 450 diabetes care professionals in and around South Dakota. If you have trouble with the links, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvement to the FYI or if I can otherwise be of assistance, please let me know. Colette

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Reminder on Conferences

A reminder of conferences occurring in the next 2 months:

- 9/11-9/12 - Mount Rushmore Chapter of Diabetes Educators' *Diabetes 2008: The Multiple Connections of Diabetes*
- 9/23 - South Dakota Diabetes Coalition's *Partners' Conference*
- 10/3 - Avera McKennan's *2008 Diabetes Update*
- 10/9-10/10 - SD DPCP's *Changes and Challenges in Diabetes Care 2008*

Further information about each conference is on the Events Calendar at <http://doh.sd.gov/Diabetes/Events.aspx>.

National Cholesterol Education Month Resources

September is National Cholesterol Education Month and a prime opportunity to educate about the effects of cholesterol and ways to have desirable values. Many organizations have resources for your easy use. A few include:

- SD DPCP - <https://apps.sd.gov/applications/PH18Publications/secure/Puborder.asp>
- National Diabetes Education Program - www.ndep.nih.gov/
- American Heart Association - www.americanheart.org
- National Heart, Lung and Blood Institute - <http://hp2010.nhlbi.nih.gov/cholmonth>

SD Diabetes Information Link recipients will be receiving the following information developed by the American Heart Association - <https://www.uhcrivervalley.com/downloads/programs/kits/cholesterol.pdf>. If you would like copies of this sent for your use or if you would like information on the SD Diabetes Information Link, contact Colette.

A1c-Derived Average Glucose (ADAG) Study and Estimated Average Glucose

The results of the A1C-Derived Average Glucose study (ADAG), published in *Diabetes Care* - <http://care.diabetesjournals.org/cgi/reprint/dc08-0545v1>, have affirmed the existence of a linear relationship between A1C and average blood glucose levels and supports the use of a new method for reporting chronic glycemic values that many say will make more sense to patients. Although use of estimated average glucose (eAG) for reporting doesn't have universal

acceptance, the American Diabetes Association has a calculator and the A1c to eAG conversion formula available at <http://professional.diabetes.org/glucosecalculator.aspx>.

ACE and AACE Issue Joint Statement on Treating People with Pre-Diabetes

The American College of Endocrinology (ACE) and the American Association of Clinical Endocrinologists (AACE) have developed a joint Consensus Statement recommending specific guidelines on lifestyle and pharmaceutical interventions for people with pre-diabetes.

According to the Centers for Disease Control (CDC), more than 56 million Americans currently have pre-diabetes. Extrapolating CDC's pre-diabetes prevalence calculation to SD, about 149,250 South Dakotans are believed to have pre-diabetes (<http://doh.sd.gov/Diabetes/Documents/Burden8-08.pdf>). Pre-diabetes not only places people at risk of type 2 diabetes but also cardiovascular complications. The ACE/AACE statement is an extension of an effort to recognize and treat type 2 diabetes earlier and more aggressively.

The 2-pronged approach recommended by ACE/AACE involves intensive lifestyle management to prevent the progression to type 2 diabetes, as modeled in the Diabetes Prevention Program (<http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram>), along with cardiovascular risk reduction through interventions including the use of medications for abnormal blood pressure and cholesterol independent of glucose control medications. The preliminary publication of the Consensus Statement is available at media.aace.com. The final document will be published later this year in *Endocrine Practice*, the Journal of the American Association of Clinical Endocrinologists.

Animated Version of the 'Eagle Books' Now Available

Animated versions of the award-winning 'Eagle Book' series are now available through CDC-TV. The Eagle Book series was originally designed to promote culturally-based information about diabetes prevention, physical activity, nutrition and healthy eating among Native American children.

The videos, soon available on DVD, can be used in many ways as an interactive tool with parents, teachers and communities to engage children in activities and discussions about healthy eating and the joy of being active while looking to traditional ways to stay healthy and prevent type 2 diabetes.

The author of the original Eagle Books, Georgia Perez, provides the narration for the animated videos. Children and adults from the Standing Rock Sioux tribal nation bring the book characters alive with their creative voice talent. The DVD has many special features including:

- Three American Indian language translations (Chickasaw, Paiute, Shoshone)
- Spanish translations
- Closed Captioning (CC) and Video Descriptions (for the Deaf/Hard of Hearing/Blind and Visually Impaired)
- Information about the author and illustrators
- Resources for children, parents, teachers and communities

To assist teachers and parents the DVD can be stopped and started for listening to elders, demonstrating fun ways to be active, describing the many colored fruits and vegetables from Mother Earth, and deciding what is a "sometimes" or "everyday" food selection. Teachers and parents may also find the DVD can be used as a read-along tool to accompany the print copies of the Eagle Books.

Further information about the Eagle Book series and the videos can be accessed at <http://www.cdc.gov/Features/VideoBooks/EagleBooks.html>.

RWJF Finding Answers Launches Third Call for Proposals (CFP)

The Robert Wood Johnson Foundation (RWJF) has issued a Call for Proposals for projects to evaluation interventions with the potential to reduce racial and ethnic health care disparities in the treatment of diabetes, cardiovascular disease, and depression.

RWJF's Finding Answers seeks proposals that evaluate policy, organizational, provider, patient, or community focused interventions. All interventions must be integrated into a system of ongoing medical care. Proposals from community-based organizations, employers and health plans are also encouraged. Grants awarded through the Finding Answers initiative range between \$100,000 and \$275,000.

The Call for Proposals is available at

http://www.solvingdisparities.org/media/file/cfp_FindingAnswers3.pdf. Contact the DPCP if it can be of any assistance.

Seeking Participants for Montana State University's Women to Women (WTW) Project

The Montana State University College of Nursing research-based project Women to Women (WTW), a National Institutes of Health/National Institute of Nursing research funded project, is seeking woman to participate in its fourth, and final, intervention group. WTW is a computer support and information network for rural women with chronic illness which is in its 13th year. The overall goal is to enhance women's potential to successfully adapt to their long-term illness even though they live where health information resources are limited and distances from health care providers are great. Two groups have completed the intervention, the third group has been formed and will start in early September, and WTW is now we are looking toward the final group that will begin in January, 2009.

Women between the ages of 35 and 65 who are living with a chronic condition such as diabetes, cancer, multiple sclerosis, arthritis/fibromyalgia, and/or heart disease and who live at least 25 miles outside of a major population center (12,500 or more) in Montana, Idaho, North Dakota, South Dakota, Wyoming, Nebraska, eastern Washington, or eastern Oregon are invited to participate. More details on the project are available at <http://www.montana.edu/cweinert/wtw.html> or by contacting Shirley Cudney at 1-888-375-1317 or scudney@montana.edu.

If you have received this FYI from a colleague and you'd like to subscribe or to unsubscribe, contact Colette at the email below.

Colette Hesla RN, BSN
Diabetes Prevention & Control Program Coordinator
SD Department of Health
615 E Fourth Street
Pierre, SD 57501
(605) 773-7046
(605) 773-5509 fax
<http://diabetes.sd.gov>
colette.hesla@state.sd.us